WHAT IS CLAIMED IS:

- 1. An anchor for positioning in an opening of a surface, the anchor comprising:
 a first generally flat portion having a slot formed therein, the slot having a longitudinal centerline;
- a second generally flat portion having a slot formed therein, the slot having a longitudinal centerline coincident on a line with the longitudinal centerline of the slot of the first flat portion, the second generally flat portion including at least one opening formed therein that defines an attachment ring;
- a hinge that connects the first and second flat portions at ends opposite open ends of the slots;
 - a latch rotatably connected to the first flat portion; and
 - a pin for releasably connecting the latch to the second flat portion to thereby secure the anchor in an unfolded position.
- 2. The anchor of claim 1 wherein the second generally flat portion includes a second opening formed therein that defines a second attachment ring.
 - 3. The anchor of claim 1 further comprising a fastener that rotatably connects the latch to the first flat portion.
 - 4. The anchor of claim 1 wherein the latch includes a body portion and a latch portion, the body portion and the latch portion forming a recess to receive the second flat portion.
 - 5. The anchor of claim 4 wherein the latch includes a latch handle.

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